

ENDS DYSPEPSIA, INDIGESTION, GAS

"Pape's Diapepsin" cures sick,
sour stomachs in five minutes
—Time It!

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach doctor in the world.—Adv.

Trouble Ahead.

"Flubdub, my wife wants to meet you."

"I feel complimented, Wombat."
"Let me tip you off, I've been blaming it on you when I've been down town late."

QUIT MEAT IF KIDNEYS BOTHER AND USE SALTS

Take a Glass of Salts Before Breakfast If Your Back Is Hurting or Bladder Is Irritated.

If you must have your meat every day, eat it, but flush your kidneys with salts occasionally, says a noted authority who tells us that meat forms uric acid which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weaken, then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sours, tongue is coated and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To neutralize these irritating acids, to cleanse the kidneys and flush out the body's urinous waste get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys, also to neutralize the acids in urine, so it no longer irritates, thus ending bladder weakness.

Jad Salts is inexpensive; cannot injure, and makes a delightful effervescent lithia-water drink.—Adv.

Well Put.

Willie—Pa, what is a luncheon?
Father—The feminine for lunch, my son.—Woman's Home Companion.

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make It Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise for You.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair—growing all over the scalp. If you care for pretty, soft hair and lots of it, surely get a 25 cent bottle of Knowlton's Danderine from any store and just try it. Adv.

The Result.

"Now we'll have arms going over the border."
"Yes, and legs coming."

AFRO-AMERICAN CULLINGS

In an address delivered at the Auditorium at Houston, Tex., E. L. Blackshear, the head of the Prairie View Normal and Industrial College for Colored Youths, had this to say concerning the reasons why the negroes of Houston are specially interested in the movement to build a general hospital in Houston. The plan contemplated does not seek to make one hospital do for both races. They will be separate and distinct institutions; but there is to be a hospital for both, and upon the basis that in caring for his own health interests the white citizen must protect the colored as a matter of "Safety First."

Following is the address delivered: Rev. Mr. Pevoto of the Baptist sanitarium of Houston in a visit to Prairie View on a recent Sunday used the Sabbath school lesson of the day as the basis of his remarks. It was the lesson of the Good Samaritan, and the speaker saw in this parable the germ of the modern hospital. And indeed, how true is it that this spirit of the Good Samaritan, who picked up a helpless stranger, wounded and sore, and bound up his wounds and placed him in the Eastern inn for care and protection exemplifies the spirit of Christ, now manifested in modern hospitals, and in the Red Cross system of national and international relief. Regardless of race, nationality or creed, the Red Cross spirit, the modern hospital spirit, takes hold of helpless sufferers and gives them relief and medical and sanitary attention. The spirit of Christ is not the secular spirit and pride of nationality or race so well exemplified in the classic civilizations of Greece and Rome, but it is the spirit of humanity, the spirit of the Golden Rule, the spirit of human sacrifice for human good, the spirit of the Good Samaritan.

The colored people as a part of God's common humanity need the help of modern medical science and sanitation. From the standpoint of self-protection, the municipality owes its colored population sanitary conditions, for bacterial diseases are no respecter of race or color once they find lodgment; and bacterial infection or contagion, originating from unwholesome conditions among colored people may thrust their fatal hand even into the mansions of wealth and culture. It is of interest to the whites that the bodies and hands and homes of those of the colored people who cook the food and wash the clothing and dress and handle the children of the white people should be clean, wholesome and sanitary. Speaking generally, insanitary conditions and disease among the negro people weaken the efficiency of the city's labor and entail a loss upon invested capital, which is fruitless without efficient labor.

In the older days faithful slave women were the nurses of the south. They sat in humble patience at the bedside of the stricken mistress or her children, the dusky Samaritans of an alien race. Just as my grandmother, Aunt Harriet of Montgomery, Ala., was a type of the cooks of olden days who, Midaslike, turned whatever cooking material they touched to the gold palatableness, so my wife's grandmother, Aunt Celia of Grenada, Miss., was a type of the nurses of old, who was in truth a Good Samaritan in black, and, for miles around, was sent for to nurse the afflicted white women and children back to health and happiness.

Retail dealers in Hongkong are discovering the advantages of window-dressing after the American plan.

The honor of class oratory, assigned to a negro at Harvard, is indeed a creditable achievement, though eloquence in this fervid and imaginative race is not an unusual endowment, many negro preachers having manifested this moving quality. It is stated that this graduate-to-be has it in mind to devote his life to the uplift of his race. There is ample opportunity for many lives to be so devoted. The freed race has progressed unevenly. Individual specimens attaining to a high degree of knowledge and culture, while the mass of blacks are as much the wards of civilization as ever they were in the days of bondage. Not till individual culture begins to bear fruit in community uplift can work among the negroes be said to show adequate results.

A curious tree of the tropics, the matapalo, grows only with the aid of another tree, which it gradually envelops and kills.

Before an American heiress who marries a foreign nobleman places him on exhibition she removes the price mark.

"I'm no professional agitator for temperance," said Booker Washington, in a recent address, "but keep whisky away from the negro. In the counties and states where there are no open barrooms the negro is 50 per cent. better off. I don't believe that prohibition increases drunkenness, as one so often hears. Certain men will get whisky anywhere—but in prohibition counties you hear of the ten men who do get whisky—and you don't hear of the 100 men who do not."

"There are 200,000 colored people always sick from preventable causes," said he. "Some one is paying the bill. Not the colored man directly—for he can't."

He opposes segregation in cities—"not because the colored man objects to associating with his own people. He is proud of his race. He wants to associate with his own kind. But experience has taught him that where he is segregated the street lights are dimmer and the streets muddier and the sidewalks more full of holes and the police service more indifferent than in other parts of the same town—but that he is made to pay his full share of the bills."

Nor is he in sympathy with the proposition to plant immigrants on the soil of the south. The colored man, he thinks, is already fitted to his environment. If he is given a fair chance he is the most satisfactory laborer the southern employer can have. But he wants a little of the comforts of life. He wants good church and school and social facilities in the country districts.

"The white folks of Dallas county," said he, "held a meeting in the courthouse one night to discuss the question of immigration. Old Jake, the colored janitor, was a very curious old chap. He always tried to find out what was going on—but this meeting stumped him. After it was over he met the sheriff."

"Cunnel Jones," said he, "w'at you w'ite folks up to now?"

"Colonel Jones explained. But Jake could not understand that word immigration. Jones had to make it clear."

"What do you think of the plan of bringing more white folks to Dallas county, Jake?" asked Colonel Jones.

"Foh de Lord's sake, Cunnel Jones," said he, "we Dallas county niggers got just as many w'ite folks as we can support now."

"There are only 300,000 American Indians," said a prominent negro, "and the government appropriates \$10,000,000 to \$12,000,000 each year to feed and clothe and educate them. And they're dying off. There are 10,000,000 of us, and the government isn't called on to do a thing for us, as a race."

Of the negroes, 9,000,000 are in the southern states, and 85 per cent. of these in rural districts or villages. He thinks that the negro's best chance is in the south. The southern white is more tolerant of the negro's differences from the white race. He is more inclined to give the negro a chance. "That's all we want," he said. "Just a chance. I saw the other day that \$50,000,000 is being spent annually to rescue Great Britain's drunkards from the ditch. We're not in the ditch—but help us keep out of it."

The negro, he thought, is worse off in the cities, especially in the northern cities.

More than one-half of the money derived from England's income tax is collected from Londoners.

In the region between Yorktown and Williamsburg there is a district, where much of the land has long been either owned or tenanted by colored people; but it is a "back country" far from the river and penetrated by few good roads, so that it is and always has been a region of wretched poverty, miserable cabins and neglected soil, very different from the farming district on the eastern shore of Virginia, for example, where there are many well-cultivated farms owned or tenanted by colored men. In this latter region the large estates are being cut up into farms of from 60 to 100 acres, provided with complete outfits of farm buildings, and rented, or sold in many instances, to colored men.

Germany, Austria, Switzerland, Norway and other European nations have for many years been making provision for industrial and technical instruction in public schools.

In England the Smiths are the most numerous of all families, but in Ireland they are content to rank fifth, after Murphy, Kelly, Sullivan and Walsh.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute, Chicago.)

LESSON FOR MARCH 1

TRUSTING IN RICHES AND TRUSTING IN GOD.

LESSON TEXT—Luke 12:15-24.
GOLDEN TEXT—"Where your treasure is, there will be your heart also."—Luke 12:34.

The section before us has a very logical progression from the introductory request to the words of Jesus which constitute the golden text. Jesus is still in the midst of his Perea ministry. This lesson occurred but a few months before the crucifixion.

1. The lesson vv. 13-15. "One out of the multitude" desired to bolster his claim to a portion of an inheritance. He was sure that his brother needed admonition from Jesus, the result of which would accrue to his advantage. Jesus made a sharp, quick reply. He had been teaching about the sin of covetousness, but by his answer he intimates that his mission was not to judge men of that or any other sin. His work as a judge was to come later, John 5:19-32. There are thousands who for the prospect of personal gain would strictly enforce the ethical principles of the gospel though at the same time they are not willing themselves to abide thereunder. Covetousness is a desire to secure more and it is not confined to the rich nor to the poor. Therefore Jesus sounds a warning, "take heed" (v. 15) e. g., beware. This itching is so gradual and often begins with a desire to possess things that are good of themselves and frequently good for him that has possession. But as it creeps in we find it becoming a great sin. A desire to build up a church, or even to compass the salvation of a loved one, may be animated by a selfish, covetous motive, see 1 Cor. 5:10, 11; 6:10, and Eph. 5:3, 5. A man's life consists not of the things possessed and the desire to get should be lost in the desire to be for the glory of God.

Lighten Other's Burdens.

II. The illustration, vv. 16-21. This warning of Jesus against wrong sense valuations and his suggestion as to the true source of life, are emphasized by his illustration from life. All material values come from the earth. Mine, forest and field are the sources of all wealth. But in this illustration the ground yielded "plentifully." He took great counsel with himself. In these three verses are twelve personal pronouns. Prosperity is heaped upon prosperity, yet his enterprises were lawful and legitimate for there is no suggestion of wrong methods. The trouble was that in his self-centered pride he saw only the gratification of his material appetites. Any human activity, even the highest, may become grossly self-centered. His plans of enlargement were wise in the sight of men, but he left God out of his calculations, and this is the common mistake worldly men are making. Jas. 4:13-15. His anxiety, a characteristic of those who trust in riches, was uncalled for, and the folly of that course was revealed in a flash when he was called into the presence of God: "The things which thou hast prepared, whose shall they be?" Jesus reveals the worthlessness of such motives, the uselessness of such anxiety, and its unworthiness in view of what God is in himself, vv. 20, 21. He who can array the lily and clothe the grass of the field. The place to lay up goods is not in barns, Mark 10:21; the right way to be merry is to lighten the burden of another, and the way to satisfy the soul is not to pamper the body. Read John 4:13, 14; John 7:37-39; 1 Tim. 5:6; Jas. 5:5; Rev. 18:7.

True Way of Life.

III. The application, vv. 22-34. Jesus then proceeds to set before his disciples the true way of life from the positive side, just as in the illustration he had set before them the negative side. Those who are living in right relationships with God are not to seek satisfaction in the things of time and sense, those things of which their father knows they have need, and which he will supply, Phil. 4:19. They are, however, to seek his kingdom and to rest in confidence in the knowledge that it is his pleasure to give to them that kingdom (v. 32). The way to get is to give, Prov. 11:24, 25. This is laying up treasure in heaven. Every man is the judge of his own acts. If they be according to divine standards, his decision is wise, if not, the Bible characterizes that man as a fool. It is our sense of values which determines our wisdom.



Better cookies, cake and biscuits, too. All as light, fluffy, tender and delicious as mother used to bake. And just as wholesome. For pure Baking Powder than Calumet cannot be had at any price. Ask your grocer.

RECEIVED HIGHEST AWARDS
World's Pure Food Exposition, Chicago, Ill.
Paris Exposition, France, March, 1913

You don't save money when you buy cheap or big-size baking powder. Don't be misled. Buy Calumet. It's more economical—more wholesome—gives best results. Calumet is far superior to our milk and soda.

Concerning Grammar.

A sweet little voice—that sounded like it usually used better grammar—Nell Bripkley in the Journal. Sounds like better grammar ain't being used this season.—F. P. A. in. New York Mail.

Proof Absolute.

She—All extremely bright men are conceded, anyway.
He—Oh, I don't know; I'm not.

Some things are better left unsaid. Every breach of promise and demonstrates that.

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To get the genuine, call for full name, LAXATIVE BROMO QUININE. Look for signature of E. W. GROVE. Cures a Cold in One Day. 25c.

A high-class liar is considered a high salaried necessity in some kinds of business.

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If you want to tone up your liver, put your stomach in first-class shape, drive all impurities from the bowels, and feel like a real fighter in less than a week get a 25-cent box of HOT SPRINGS LIVER BUTTONS to-day.

You can eat and digest a hearty meal; you will be free from headache, that lazy feeling will go, the ambition that you once possessed, will return, if you will use little chocolate coated HOT SPRINGS LIVER BUTTONS as directed.

For constipation there is nothing so safe, so efficient and so joyfully satisfying. They drive away pimples, blotches and sallowness by purifying the blood. You must surely get a box. For free sample write Hot Springs Chemical Co., Hot Springs, Ark.